From: LearnOutLoud.com <emagazine@learnoutloud.com>
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CC:
Date: Wed, 4/4/2012 3:34:49 PM
Subject: Podcast Pick of the Week: Carl Jung Analytical Psychology Podcast

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Free Resource - April 4th, 2012

Free Resource of the Day

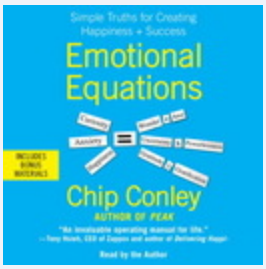
Jung Podcast

This podcast is devoted to the understanding of the analytical psychology of the great Swiss psychiatrist Carl Jung. Jungian analyst John Betts (who graduated from the International School of Analytical Psychology in Zurich, Switzerland) introduces listeners to Carl Jung's theories of the structure of the psyche, the Anima & Animus, the Persona, Jungian dream interpretation, active imagination, individuation, and more!

John Betts is incredibly lucid and articulate in describing these theories, providing real life examples and quoting Jung and other Jungians as he goes along. It's basically a course on Jung, and one would do best to start with Betts' first podcasts and work his or her way through them.

Jung Podcast

Coupon of the Day



Emotional Equations: Simple Truths for Creating Happiness + Success

Take $7.00 Off the audio book *Emotional Equations* by Chip Conley on audio download. Enter in the coupon code: **equations**. On the bottom of the payment page of checkout below where you enter your credit card information click "Apply a LearnOutLoud.com Gift Certificate or Coupon" and enter in this coupon code. Note: this coupon only works with credit cards and not PayPal. This coupon is valid for this title through next week until Wednesday, April 11th.

Using brilliantly simple math that illuminates universal emotional truths, Emotional Equations crystallizes some of life's toughest challenges into manageable facets that readers can see clearly—and bits they can control. Popular motivational speaker and bestselling author Chip Conley has created an exciting, new, immediately accessible visual lexicon for mastering the age of uncertainty. Making mathematics out of emotions may seem a counterintuitive idea, but it's an inspiring and incredibly effective one in Chip Conley's hands. When Conley, dynamic author of the bestselling Peak, suffered a series of tragedies, he began using what he came to call "Emotional Equations" (like Joy = Love – Fear) to help him focus on the variables in life that he could deal with, rather than ruminating on the unchangeable constants he couldn't, like the bad economy, death, and taxes.

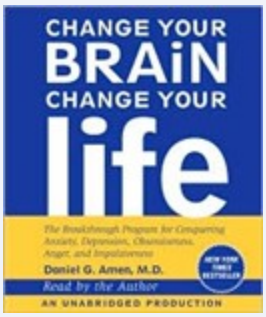
Now this award-winning entrepreneur shares his amazing new self-help paradigm with the rest of us. Emotional Equations offers an immediately understandable means of identifying the elements in our lives that we can change, those we can't, and how they interact to create the emotions that define us and can help or hurt our progress through life. Equations like "Despair = Suffering – Meaning" and "Happiness = Wanting What You Have/Having What You Want" (Which Chip presented at the prestigious TED conference) have been reviewed for mathematical and psychological accuracy by experts. Conley shows how to solve them through life examples and stories of inspiring people and role models who have worked them through in their own lives. In these turbulent times, when so many are trying to become "superhuman" to deal with our own and the world's problems, Emotional Equations arms readers with effective formulas for becoming super human beings.

Available on MP3 Audio Download.

Listen to a free sample of: Emotional Equations

Dr. Daniel Amen Audio Downloads

Featured Section



Dr. Daniel Amen Audio Downloads

Dr. Daniel Amen is a Board Certified Child, Adolescent and Adult Psychiatrist. He helped pioneer the use of brain SPECT imaging in psychiatry. He is the CEO and Medical Director of Amen Clinics, Inc. Amen Clinics have world's largest database of brain scans (>40,000) and have seen patients from all 50 states and 62 countries.

Daniel Amen is the author of over 30 professional papers, and 22 books, including the NY Times bestsellers **Change Your Brain, Change Your Body**, **Change Your Brain, Change Your Life**, **Healing Anxiety and Depression**, **Making A Good Brain Great**, and **Sex on the Brain**. Dr. Daniel Amen's high school course, Making A Good Brain Great, on "practical brain science health education" is now in 34 states and 7 countries.

Dr. Daniel Amen Audio Downloads

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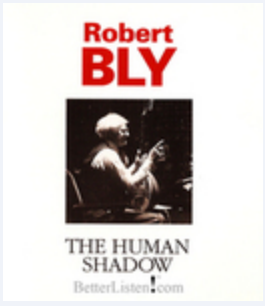

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Here are a few of them with some brief descriptions:

The Art of Flower Arranging by Thich Nhat Hanh - In this classic 1989 talk, Vietnamese Buddhist monk Thich Nhat Hanh uses flower arranging as a metaphor for establishing harmony both within ourselves and in our families.

An Evening with Ram Dass - This recently uncovered recording features the iconic Ram Dass speaking at a lively event which was a benefit for the Seva Foundation.

Global Mind Change by Dr. Edgar Mitchell - Dr. Mitchell explores humanity, science, and fulfillment in this recording of what it means to be a human and our place in the universe.

A Magical Life by Thomas Moore - In his New York Times best-seller Care of the Soul, internationally known theologian Thomas Moore recommends a radical shift in priorities: slowing down, living with our human imperfections and designing an intimate life.

Beauty Without Nature by James Hillman - In this thought provoking recording, internationally recognized Jungian teacher and theorist James Hillman, Ph.D. proposes the 21st Century's "new urbanism," one that integrates city and nature into a harmonious whole.

Dance Without End by Laura Simms - In this artfully presented recording, creation myths and tales about the origin of existence from Aztec, Inuit, Maori, Scandinavian, African and Native American cultures are told by storyteller Laura Simms and beautifully accompanied by musician Steve Gorn's world music orchestration.

The Human Shadow by Robert Bly - Through poetry, music and storytelling, Robert Bly takes us on a thought provoking and entertaining journey captured by this extraordinary live audio program.

Looking Deeply: Classic Dharma Talks by Thich Nhat Hanh - Looking Deeply is a selection of talks by Vietnamese Buddhist monk Thich Nhat Hanh offered during meditation retreats throughout North America.

Myths of The Family by James Hillman - In this challenging and entertaining audio program, internationally recognized Jungian teacher and theorist James Hillman, Ph.D. brings his critical eye, his wide eye - and often his absurd humor - to bear upon the myths that operate in our thoughts about family.

Pure Water: Poetry of Rumi with Coleman Barks - A 2009 Nautilus Gold Award Winner, Pure Water is Coleman Barks' inspired live performance of the poetry of Rumi accompanied with the cello of Grammy Award-winner Eugene Friesen.

Scholars, Witches and Other Freedom Fighters by Gloria Steinem - In this incredibly enlightening and motivational audio program, Steinem puts into social and historical context the role of society in the treatment and mistreatment of women.

The World of Relaxation: A Guided Mindfulness Meditation Practice for Healing in the Hospital and/or at Home by Jon Kabat-Zinn - The World of Relaxation aims at reaching out to patients and inviting them to experiment inwardly, with Jon's guidance, in bringing mindful awareness to their present-moment circumstances. Over one hundred hospitals have used this program over the years, and doctors often prescribe it to their patients, recommending that they practice with it several times a day.

We hope you enjoy these **outstanding teachings from BetterListen!** and we hope to add more in the future.

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